Sight Conservation Program Lesson Guide #3

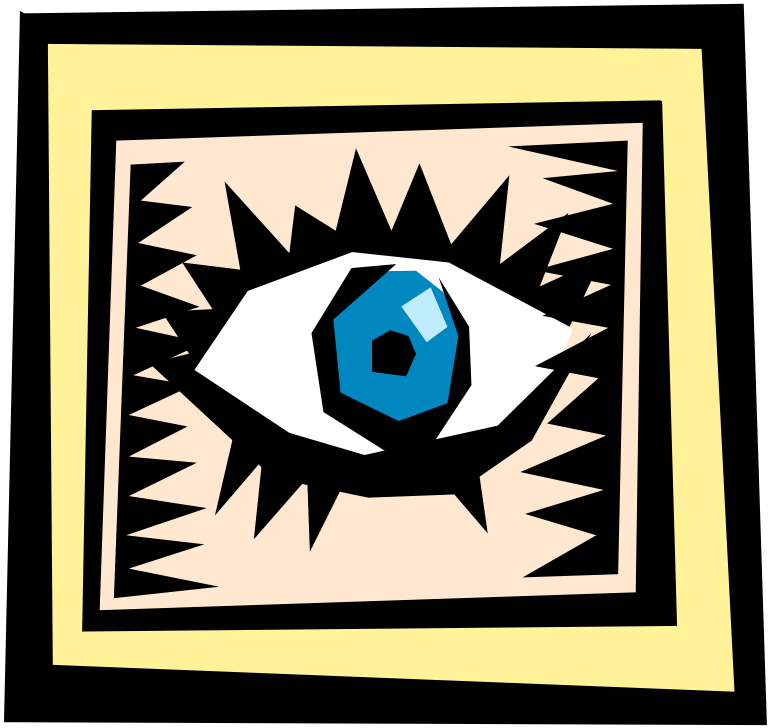
OBJECTIVES: *Upon completion of this topic, you will be able to:*

- Identify the elements of the Navy's sight conservation program.
- Define a sight hazard and describe how they are marked or identified.
- Describe the various types of eye protection.

Background

- Eye injuries cost industry $300 million each year in compensation and lost work time. The loss of sight can be devastating and is easily preventable. The Navy has a Sight Conservation Program to identify eye hazardous situations, to post those hazards, and provide personal eye protection.

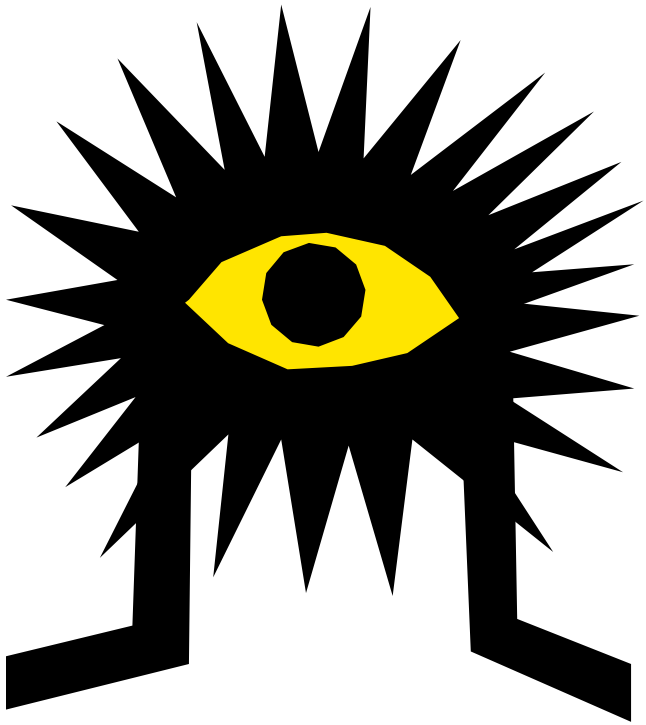
Your Eye's Defenses



- Tears self-clean the eyes of foreign materials and irritants.
- The eye lid is a physical barrier to foreign materials, but not sharp objects.

Types of Eye Injuries

- Foreign Bodies
  - Abrasions
  - Contusions
  - Irritation from particles



Types of Eye Injuries

- Chemical Burns
  - Gases
  - Acids
  - Alkalies
  - Vapors

Types of Eye Injuries

- Radiation burns
  - Infrared light
  - Ultrviolet light
- Laser

Navy Sight Conservation Program Elements

1. Identify eye hazardous areas.
2. Eliminate eye hazards.
3. Post eye hazardous areas
4. Provide protection

Eye Protection & Personal Protective Devices

- Must meet American National Standards Institute manufacturing standards,
  - ANSI Z87 or Z87.1 must be stamped on glasses

Eye Protection & Personal Protective Devices

- Each style / type is designed for a specific hazard.
  - Safety or impact glasses
  - chemical splash goggles
  - impact or chipping goggles
  - UV protection welding helmets
  - welding goggles and face shields

Eye Protection & Personal Protective Devices

- Each style / type is designed for a specific hazard (*continued*)
  - Laser radiation
  - Plano
  - Prescription

Eye Protection

- When handling strong acids / alkalais, double eye protection is required.
- Face shields must be worn with safety glasses or goggles.
- When working around ultraviolet light (welding or burning), protection is selected for the level of intensity.

Eye Protection
(*continued*)

- The Navy will provide prescription safety glasses, if needed for the job.
- Regular prescription glasses cannot be worn as safety glasses. Shatter resistant glasses could still cause damage to the eyes from impact accidents.

Emergency Eyewash Stations

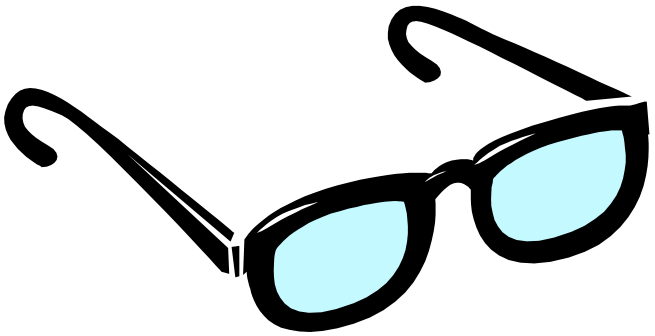
- Must meet ANSI Standards
- First aid is flushing eyes with fresh water for 15 minutes
- Flushing is used to dilute strong chemicals
- Required where corrosives are used
  - Battery lockers

Screening Examinations

- All personnel exposed to eye hazardous areas/operations shall be scheduled for sight screening examinations.
- Records of evaluation shall become part of an employee’s permanent medical file.
- Eye wear shall be properly fitted.
- OSH offices will determine proper procurement procedures.

Maintenance of Eyewear

- Responsibility of wearer
- Supervisor enforce wearing and maintenance
- Report damage or loss to supervisor



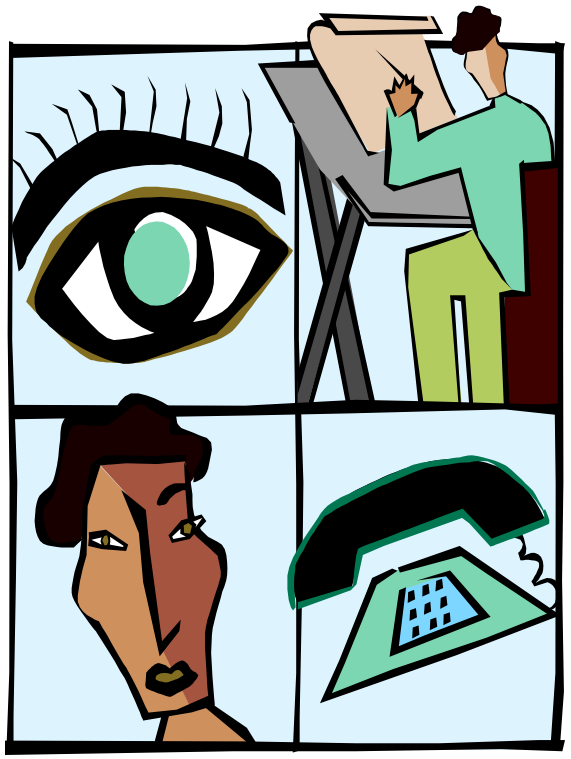
Temporary Protective Eyewear

- Planos (non-prescription glasses) or goggles shall be provided to employees waiting delivery of corrective protective wear.
- Temporary eye wear must also be provided to visitors in eye hazardous areas.

Training

- A training program on the need for and use of protective eyewear shall be conducted at all activities.
- Training must include jobs requiring eye protection, location of nearest eyewash station, and simple first aid measures.

Responsibilities



- Activity OSH offices shall determine eye hazardous areas, occupations and processes.
- The servicing medical facility shall provide sight screening examinations and refractive services.

Responsibilities
(continued)

- User/Worker - Wear provided protective eye wear where required.
- Comply with eye hazard signs.
- Undergo vision testing, as required.
- Maintain protective eyewear in a clean and sanitary condition

Eye Injury First Aid

- Never rub the eyes to remove particles or if eyes are irritated.
- For chemical burns, flush with fresh, cool water for a full 15 minutes, then report to medical.
- For punctures and eye trauma, cover both eyes gently with a soft cloth and get medical treatment.

Eye First Aid
(Continued)

- Report all minor cuts and eye problems to medical treatment facility. A minor scratch could lead to an eye infection possibly causing scar tissue and loss of sight.

Review and Summary

- There are many processes and work situations which are a potential hazard to the eyes. Frequent minor mishaps are corneal abrasions and particles in the eye. Many non-industrial jobs, such as dusting overheads, can also be hazardous and may require eye protection. Always remember, your sight is worth more than a few minutes of your time to put on proper eye wear.